

# Your Job Puts You at Risk!

A mouthguard can prevent:

- **Training Injuries**

- Combatives
- Parachute Operations
- Individual Movement Techniques
- Pugil Stick Combat
- M-16/Bayonet Training
- Obstacle/Confidence Course

- **Unit sports/PT Injuries**

- Football
- Basketball
- Soccer
- Softball



SAVE FACE!



USE YOUR  
MOUTHGUARD!

**3 minutes**  
of your time  
can prevent  
**hours** of  
agony

For more information visit:  
<http://chppm-www.apgea.army.mil/dhpw/Wellness/mouthguard.aspx>

